

My name is Eva “Veronica” Serrano. I am a Program Assistant and Billing Coordinator for WINLA.org I am also a Certified Peer Support Specialist. I am passionate about cooking and did it as a profession for 10 years. I was trusted with the task of opening a successful restaurant in the state of Utah. I have 6 years of experience in the import and export industry which include but are not limited to operations, management, project coordinator and staffing.

In my most recent years I have gravitated to learning more about Mental Health (due to my own experience). I have recently acquired various certifications via DMH+UCLA such as, Psychological FA for everyone, Basic Counseling Skills, Cognitive Behavioral Therapy, ARMHS, a course on ASD, and a course on meeting the needs of LGBTQ.

As a peer support specialist, I am a strong believer that recovery is possible, I see a great impact being created amongst our communities by the great influence we have in the way we think about and treat mental health.

Most of the things I do cause me physical pain due to my stroke history, Fibromyalgia and other silent chronic illnesses. However, my disabilities will not define me as incapable. My passion for life and the strong desire to contribute in any way I can to save others keeps me going, despite the pain. I have personally found great benefits in implementing wellness measures in my personal life, including journaling, meditation, regular exercise and cooking. I aspire to publishing some portions of the journals I wrote during the toughest moments of my life. Some of the literature written from the heart and while in pain during the struggles with my mental health might have saved me one day, and I trust it can give others who might be struggling a breath of hope.